



# BEAT ANXIETY AND PANIC ATTACKS

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CURE YOUR ANXIETY AND PANIC ATTACKS



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# Beat Anxiety and Panic Attacks

## Cure Your Anxiety and Panic Attacks and Prevent Ever Developing High Anxiety or Panic Attacks Again

### Introduction

Inside this report, you will learn:

1. **How to Break the Cycle of Anxiety and Enjoy Social Situations.** Most people have felt social anxiety at some point in their lives. It can be intimidating to be in situations that include many unfamiliar people. It can be even more intimidating if you're shy by nature.
2. **5 Strategies for Coping with Anxiety.** Do you feel anxious when the pressure's on? Do you struggle to calm your nerves in the midst of stressful situations? These are very normal feelings. Sometimes, however, these worries can become overwhelming even in your day-to-day routines.
3. **Affirmations - Worries Are Easy For Me to Handle.** I am brave and courageous, and I can do anything I put my mind to. Fear and worry pass me by because I am strong. I refuse to allow worries and fears to bother me or make a home in my thoughts.
4. **Fighting Anxiety without Medication: 10 Tips to Help You Feel Calm.** When anxiety hits you, it can be terrifying. The panic and frightening thoughts coupled with physical symptoms may lead you to believe that you're having a heart attack or suffering from a terrible disease, when in reality, you're perfectly healthy!
5. **How Meditating Can Ease Anxiety.** The fast-paced, hectic world we live in is fraught with situations that can cause us to feel an unhealthy amount of stress. This stress sometimes develops into, or manifests itself as, worries and fears, leading to feelings of anxiety. Have you fallen into this frustrating path?
6. **Affirmations - I Live a Life Free From Worry and Fear.** I am brave and courageous, and I can do anything I put my mind to. Fear and worry pass me by because I am strong. I refuse to allow worries and fears to bother me or make a home in my thoughts.
7. **Learning Deep Breathing Strategies to Control Anxiety.** Do you struggle with feelings of anxiety? If so, it's good to know that there are ways to relieve your suffering. You can learn strategies to take charge of your nervousness and experience the serenity you deserve. You can learn to control your anxiety with simple deep breathing techniques.

# How to Break the Cycle of Anxiety and Enjoy Social Situations

Most people have felt social anxiety at some point in their lives. It can be intimidating to be in situations that include many unfamiliar people. It can be even more intimidating if you're shy by nature.

Social anxiety can be overcome, though. Everyone's personality is different, but you can change the way you respond socially no matter what your personality is like. With a little effort in the right strategies, you'll be more at ease at the next party or meeting you attend.

***Try these tips and guidelines to help you to break your cycle of social anxiety:***

1. Practice makes perfect. If your social interactions are few and far between, you limit your chances of success in these situations. Instead of avoiding social situations, start by seeking small, less intimidating opportunities to practice social interaction.

2. Be yourself. Remember that people generally want to get to know the real you. Most people you meet will be just as nervous as you are. Make others feel at ease by being yourself and asking questions about the other person. As they open up to you and the conversation gets rolling, you'll feel more and more comfortable.

*\* Remember that people are less concerned about your flaws than you are. Social situations can be overwhelming when you try really hard to be perfect. Sometimes you'll make mistakes. Even embarrassing mistakes can cause you and those around you to feel at ease if you learn to laugh at yourself. And, most people will understand if you make a mistake. They're just as intimidated.*

3. Talk it out. Discuss your struggles with a trusted friend or loved one. Talk about the issues you have and ask for help if necessary. If your social fears run deep, consider seeking professional advice. It's much better to take steps now to overcome your fears than to miss out on all that life has to offer while you sit on the sidelines.

4. Look on the bright side. Try to see the good in every situation you face. If you're in a social situation that you're afraid of, face your fears head-on. Chances are that you can find something about the situation that makes you smile. Once you get into the swing of things, your fears will shrink.

5. Take steps to relax. If you start to panic, take steps to relax yourself. Excuse yourself for a few moments alone. Take a few slow, deep breaths from your belly. Continue breathing slowly and deeply as you return to the social situation. You'll feel confident and more in control when you breathe deeply.

6. Join a group or club. Groups and clubs are great places to practice social interaction with others who share the same interests that you do. Many groups exist, and you're sure to find one or more that cater to an activity or subject matter you're passionate about. This makes conversations easy as well.

Remember that your attitude and will to change makes all the difference. Get off the sidelines, pick a social situation you'd normally avoid, and use these strategies to overcome your fears. Turn social situations into opportunities to learn, grow, and experience all that life has to offer.

## 5 Strategies for Coping with Anxiety

Do you feel anxious when the pressure's on? Do you struggle to calm your nerves in the midst of stressful situations? These are very normal feelings. Sometimes, however, these worries can become overwhelming even in your day-to-day routines.

Extreme anxiety can inhibit your everyday life. Anxiety about a particular situation can cause you to feel worried about everything else. Anxiety can run your life if you let it, but you can take control and learn to thrive in situations that challenge your resolve.

Learning to deal effectively with anxiety is a powerful skill that will benefit you in many ways. Your relationships with others will be impacted in a positive way. You'll go after your dreams instead of giving up easily. And your self-confidence will grow as you develop the habit of effectively responding to situations despite the fears inside of you.

If you begin to use these five strategies today, you'll notice the difference immediately. These ideas are simple, but they have the power to revolutionize your life.

***These techniques can help you cope with your anxious feelings:***

1. Practice deep breathing. One of the most effective ways to cope with anxiety is deep breathing. Deep breaths get much-needed oxygen to your brain and throughout your body, relaxing your muscles. The increased air to your body and mind helps you calm down in times when you would normally become stressed out.

*\* When you notice that you're beginning to get nervous, pay attention to your breathing. For a few days, practice deep breathing in a relaxed, private, comfortable environment where you're not rushed. Put your hand on your belly, and make your hand rise and fall with each breath. Be sure to take in a slow, full breath. Exhale slowly.*

*\* If you practice this deep breathing exercise before the moment of truth, you'll be equipped to control your breathing when a stressful situation occurs. When the pressure is on, and you notice your heartbeat beginning to rise, simply pay attention to your breathing and do what you've practiced.*

2. Face your fears. If you worry constantly, you may not be leaving your comfort zone often enough. Seek opportunities to stretch your mental boundaries in ways that aren't extremely stressful. As your mind and body become used to taking on challenges in dealing with your nerves, give yourself greater challenges to increase your ability to handle them.

*\* If you're in the habit of shying away from things that stress you out, purposefully put yourself into situations that you aren't sure about. This will help you build confidence. The more steps you take outside of your comfort zone, the better equipped you'll be when the real challenges of life cause you to feel anxious.*

3. Eat nutritiously. An often-overlooked way to beat anxiety is to make sure that your body is properly fueled for the challenges it must face. Drink plenty of water. Eat a balanced breakfast. Eat small meals, and eat more often. Keep track of what you're eating in a daily log so that you can begin to notice patterns that sabotage your health.

*\* When your body is fueled properly, the daily anxieties you experience will be less overwhelming.*

4. Exercise. Your body is made to move. If you sit at a desk all day, you'll likely face greater challenges with worry and stress than someone who's always on the move. Exercise provides tremendous stress relief, an outlet for frustration and a boost to your overall self-confidence. All of these contribute to a peaceful feeling and less anxiety on a daily basis.



5. Seek professional help. Sometimes, the issues you face with anxiety may require you to seek counseling to overcome them. If you've tried many things without success, a mental health professional that is trained to help you overcome these challenges may be your best bet.

It's normal to feel nervous when stressful situations occur. But without strategies to overcome those nerves, you can feel paralyzed and sabotage your chances of experiencing the success you deserve. Instead, start using these five strategies today to effectively cope with your feelings of anxiety and emerge triumphant over them.



## **Affirmations - Worries Are Easy For Me to Handle**

I am brave and courageous, and I can do anything I put my mind to. Fear and worry pass me by because I am strong. I refuse to allow worries and fears to bother me or make a home in my thoughts.

I know I have control over my own destiny, and I choose to move into that destiny boldly and without hesitation. Running away solves nothing! I work toward my goals with courage and perseverance, creating a destiny of success.

Worries and fears are absent from my life. I let the past stay in the past, without regrets or worries to cloud my present. I focus on the wonders of each new day and I shrug off fear about the future, since I trust that good things will come. I am happy, content, and brave.

I take on tasks with strength and courage. I can accomplish my dreams because I bravely take chances and try new things that can push me forward toward my goals.

Regardless of what comes my way, I can handle it. Rather than fearing things I don't understand, I learn the facts I need to ease my concerns. No weapon formed against me can prosper, as I am capable of overcoming any challenge. I banish fear, seek solutions, and boldly take action to get back on track.

Shedding the shackles of worry and fear gives me the freedom to live with all the gusto I've got so I can enjoy my life to the fullest!

Today, I plan to be brave, courageous, and bold in everything I do.

### ***Self-Reflection Questions:***

1. How can I move forward more boldly in my life?
2. What does being brave and courageous do for me?
3. What can I accomplish if I don't let fear and worry stop me?

# Fighting Anxiety without Medication: 10 Tips to Help You Feel Calm

When anxiety hits you, it can be terrifying. The panic and frightening thoughts coupled with physical symptoms may lead you to believe that you're having a heart attack or suffering from a terrible disease, when in reality, you're perfectly healthy!

Anxiety can often cause you to have an exaggerated nervous system reaction to common stressors that others are able to ignore.

If you're one of the millions who struggle with anxiety, the good news is that you can feel better, even without medication. You can take positive action on your own to get a handle on your anxiety and feel more in control. Of course, especially if your symptoms are debilitating, please consult your doctor or other health professional for their advice.

Both your mind and body are involved in anxiety. It's a vicious circle: the constant worrying and negative thoughts can produce physical symptoms, which can cause more anxious thoughts. It becomes a pattern that can be challenging to break free of.

But when you're able to overcome this challenge, it's well worth the effort! Tackle your anxiety on both the physical and mental levels today by practicing these 10 strategies.

## Physical Ways to Lower Anxiety

Try these tips to physically lower your anxiety levels:

1. Breathe. If you're breathing from the top of your chest and not from your abdomen, you might be making yourself more nervous. Breathe from your diaphragm and take full, deep, slow breaths.
2. Get moving. Use up that extra energy and adrenaline that your body produces. If you don't, it can build up and make you more nervous. By getting frequent exercise, you'll prevent your body from storing excess adrenaline.
3. Sit still. It's important to exercise, but sometimes it's more effective to be still. If you usually run from a panic attack or anxiety episode, force yourself to stay where you are and focus on your relaxation techniques, like deep breathing, to help prevent your impending anxiety.
  - The anxiety might get worse for a moment, but you'll be calmer after a few minutes and you'll be more prepared the next time you face anxiety.
4. Distract yourself. It's hard to think about feeling nervous when you're actively engaged in other activities. Help others, play a game, or do something else that requires your total concentration as soon as you start to feel anxious.
5. Get in shape. Being physically fit can help you feel better about your health and reduce anxiety. It's not a quick fix, but more of a long-term goal that you can actively pursue. Staying in good physical condition goes a long way in preventing anxiety.

## Mental Ways to Lower Anxiety

A positive mental attitude is just as important as using physical techniques to help overcome your anxiety. There are many ways you can use your mental resources to find peace and calm amidst the chaos of anxiety.

Follow these techniques to tackle your anxiety on a mental level:

1. Educate yourself. It's hard to battle something you don't understand. Learn about your condition so you have a better understanding of what you're facing.
2. Use the stop sign. Imagine a big stop sign in your head when you start to have anxious thoughts. The stop sign technique is a great place to start.
3. Network. Talking to others with anxiety can help you feel more "normal" and bring you additional strategies that have worked for others in your same situation. Reach out to others!
4. Set aside a worry time. If you allot a few minutes each day at a set time and give yourself permission to worry only at that time, you'll soon find that it becomes a chore - making you worry less. By only allowing yourself to worry for a short period, you can program your mind to actually worry less.
5. Offer yourself affirmations. Say positive statements to yourself each day to help you stay strong and brave. For example: "I am a valuable and worthy person, and I have much to offer to the world."

No matter how long you've had anxiety, you can do something about it. When you apply both mental and physical techniques to getting better, you'll soon find that you - not your anxiety - are the one in control!

## How Meditating Can Ease Anxiety

The fast-paced, hectic world we live in is fraught with situations that can cause us to feel an unhealthy amount of stress. This stress sometimes develops into, or manifests itself as, worries and fears, leading to feelings of anxiety. Have you fallen into this frustrating path?

If so, it's comforting to know that you can ease feelings of anxiety by understanding your worries and fears and taking action to get to the root of them. One of the prime natural methods to easing anxiety is the use of meditation.

Meditation is a basic self-help technique that can get you in better touch with yourself. It also relieves stress, relaxes your body, and calms your mind.

### Getting to the Root of Your Anxiety

Anxiety is a scary thing because it's your body's reaction to a fearful situation, except anxiety can form when there's no perceived threat. You may even fall into a pattern where you're afraid of the fear itself, so you avoid situations that have brought out anxiety in the past.

However, you'll soon find that avoiding life does nothing to help you solve your challenges. You can enjoy much better results by figuring out the real causes of your feelings of anxiety. Participating in counseling or group therapy situations may help you understand these feelings. Another way to get to the root of your feelings is by practicing meditation.

### Starting Out With Meditation

There are different ways you can approach a meditative practice. You can start by just picking a time everyday when you can calmly be alone without distractions. Begin your meditation by taking deep breaths and focusing only on each breath as it goes in and out.

On a particularly stressful day, you might have more difficulty focusing on your breath. The thoughts of whatever is stressing you may keep getting in the way. When this happens, acknowledge the thought and then go back to concentrating on your breath. Eventually, you'll feel your mind grow calm.

As you calm your mind, begin purposefully taking notice of your thoughts. All you must do is notice them, and then return your attention to your breath again. If any thoughts make you uncomfortable or tense, relax your muscles and then focus on your breath again.

Try not to stress yourself out further by getting frustrated with the meditation process. As you continue to practice, it will get easier, and you'll look forward to your relaxation sessions.

## **Maintaining Your Practice**

Meditating will help you become fully aware of the present moment. Remind yourself to spend a portion of every day in the present so you're not burdened by past and future stress. With regular practice, you'll be able to expand the amounts of time that you stay in the present.

By continuing to meditate on a consistent basis, you'll begin to notice your true self. You can discover a lot about your life by maintaining awareness of the present moment. You'll also notice the way your body reacts to stress and anxiety and can take measures to counteract it.

## **When Meditation Isn't Enough**

Although meditating can go a long way toward easing your feelings of anxiety, sometimes meditation practice alone may not be your complete solution. In these situations, don't hesitate to ask for help. There are many treatment options that include other natural methods, counseling services, and even medications.

With meditation and other methods, if necessary, you can make your feelings of anxiety become a faint memory of the past. Be proactive about creating a life free from fears or worries, and start meditating today so you can look forward to a bright future!





## Affirmations - I Live a Life Free From Worry and Fear

I am brave and courageous, and I can do anything I put my mind to. Fear and worry pass me by because I am strong. I refuse to allow worries and fears to bother me or make a home in my thoughts.

I know I have control over my own destiny, and I choose to move into that destiny boldly and without hesitation. Running away solves nothing! I work toward my goals with courage and perseverance, creating a destiny of success.

Worries and fears are absent from my life. I let the past stay in the past, without regrets or worries to cloud my present. I focus on the wonders of each new day and I shrug off fear about the future, since I trust that good things will come. I am happy, content, and brave.

I take on tasks with strength and courage. I can accomplish my dreams because I bravely take chances and try new things that can push me forward toward my goals.

Regardless of what comes my way, I can handle it. Rather than fearing things I don't understand, I learn the facts I need to ease my concerns. No weapon formed against me can prosper, as I am capable of overcoming any challenge. I banish fear, seek solutions, and boldly take action to get back on track.

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### ***Self-Reflection Questions:***

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2. What does being brave and courageous do for me?
3. What can I accomplish if I don't let fear and worry stop me?

## Learning Deep Breathing Strategies to Control Anxiety

Do you struggle with feelings of anxiety? If so, it's good to know that there are ways to relieve your suffering. You can learn strategies to take charge of your nervousness and experience the serenity you deserve. You can learn to control your anxiety with simple deep breathing techniques.

When you breathe deeply and fully, your body stays calm. You may still be a bit tense, but your relaxed breathing can protect you from an anxiety attack. In an anxiety attack, you may have a tendency to hyperventilate, which increases the level of panic you experience. However, deep breathing keeps you in control.

When you hyperventilate, you take short, quick breaths in the top part of your lungs. Your chest expands, but you aren't getting the full amount of air that you need to remain calm. The quick overload of oxygen you receive from shallow breathing makes your apprehension and panic even

worse. It becomes a cycle that can be hard to break without practice.

## **The Most Beneficial Way to Breathe**

Any time you can concentrate on breathing fully - all the way down to your abdomen - you'll improve your relaxation response to stressful situations. If your chest is rising with each breath, you're not expanding your lungs to full capacity. Your body lacks the oxygen it needs to thrive under the pressure of the moment.

Place a hand just above your belly button and breathe. If you're breathing deeply, your hand will rise and fall with each breath.

Practice breathing slowly by taking full, deep breaths. You might feel a bit strange at first because you're not used to it. You may even feel a bit giddy, but that's normal. It'll pass with practice.

You're getting plenty of air, even if you don't feel like you are. Your lungs can expand without your upper chest rising. Only your upper belly needs to rise and fall. At first, you probably won't breathe this way unless you're thinking about it because you're so conditioned to breathe from your chest. Keep practicing often, and you'll soon be breathing properly all the time.

## **How Breathing Affects Anxiety**

Anxiety may be caused by a chemical imbalance in the brain. It may simply be the product of over-active nerves that react too strongly to stimuli. However, regardless of what causes you to feel anxious, the most important thing is to alleviate it and reduce the degree to which it affects your life. Anxiety doesn't have to stop you from living the life you deserve.

By lowering your anxiety, you may be able to:

- \* Change careers or get promoted
- \* Speak in front of others without fear
- \* Travel to places you've always wanted to see
- \* Embark on a new relationship or business venture
- \* Reduce your dependency on medication or therapy

If you're contemplating reducing any medication or therapy you're currently using, consult your physician before making any changes to your established regimen. But you can still start deep breathing right away. There are no side effects, as this type of breathing is natural and healthy. And it's something that everyone can learn and benefit from.

If you struggle with worry, you can feel more relaxed and in control by simply controlling your breathing. Begin practicing deep breathing strategies today and experience peace in the midst of the storms of your life!

## Wrapping up...

In this report, we've shown you:

1. How to Break the Cycle of Anxiety and Enjoy Social Situations
2. 5 Strategies for Coping with Anxiety
3. Affirmations - Worries Are Easy For Me to Handle
4. Fighting Anxiety without Medication: 10 Tips to Help You Feel Calm
5. How Meditating Can Ease Anxiety
6. Affirmations - I Live a Life Free From Worry and Fear
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